

# AQUATIC CLASSES

## Monday

Ultimate Intervals (MR/AB) 9:30-10:15am L  
Senior Fit \*\*\* (AB) 11:30-12:15pm T

## Tuesday

Aqua Jog 8:30-9:15am (CR) L

## Wednesday

20/20 (AB) 9:30-10:15am L  
Senior Fit \*\*\* (CB) 11:30-12:15pm T

## Thursday

Deep Water (CR) 8:30-9:15am L  
Ultimate Intervals (AB) 5:30-6:15pm L

## Friday

Aqua Bootcamp (KR) 9:00-9:45am L  
Senior Fit \*\*\* (BD) 11:30-12:15pm T

## Saturday

Ultimate Intervals 9:30-10:15am L

### Please Note

- Classes consistently below an average of 8 participants are subject to format changes or cancelation.
- Participation for some classes will be limited.
- Instructors may change without notice.
- Instructors will rotate for the Saturday Interval class.

### Instructors

Casey Babinski (CB)  
Amanda Blanchette(AB)  
Bobby Delria (BD)  
Nicole Kilpatrick (NP)  
Carrie Rink (CR)  
Madyson Rogers (MR)  
Kyle Rybolt (KR)

### Schedule Key

L: Lap Pool

T: Therapy Pool

\*\*\* Senior Level

# AQUATIC CLASS DESCRIPTIONS

## **Aqua Boot Camp**

High intensity training to target every part of your body! Be prepared to sweat even in the pool!

## **Aqua Jog**

This class will get your heart rate up while using the waters resistance jogging continuously through the water for 30 minutes of training. Followed by 15 minutes of stretching and slowing yourself down mentally. (Great training for the summer triathletes or for any fitness level)

## **Deep Water**

In this class you will be challenged with deep water running and traveling which is guaranteed to challenge your body, core muscles and stamina.

## **Senior Fit**

An enjoyable, a safe exercise program that focuses on muscular and joint strength to improve the performance of daily activities.

## **Ultimate intervals**

Various aquatic training options are utilized to create a challenging, advanced fitness workout!

## **20/20**

Class begins with a warmup to get the heart pumping, followed by a strength workout using weights, noodles and boards. Class will end with core blasting moves and cooldowns!

# LAND CLASSES

Updated: May 6th 2024



## Monday

Rise & Ride (MJ) 5:15-6:00 2  
Step & Strength (DB) 8:15-9:00am 1  
Six Zones (BD) 9:15-10:15am G  
Mat Pilates (DB) 9:15-10:00am Y  
Strength & Balance \*\*\* (NK) 10:30-11:15am 1  
Rock Steady Boxing®+ (PB) 11:30-12:30pm 1/B  
Rock Steady Boxing®+ (PB) 1:00-2:00pm 1/B  
Group Power® (CB) 4:30-5:30pm 1  
Yoga & Sculpt (AG) 5:35-6:35p Y

## Wednesday

Rise & Ride (JY) 5:15-6:00am 2  
Group Power® (MJ) 8:15-9:15am 1  
Vinyassa Flow (NK) 9:20-10:20am Y  
Zumba® (DA) 10:30-11:15am 1  
Rock Steady Boxing®+ (MJ) 11:30-12:30p 1/B  
Rock Steady Boxing®+ (MJ) :00-2:00pm 1/B  
Power Pedal (KR) 5:30-6:15pm 2  
Vinyassa Flow (LT) 5:30-6:30pm Y

## Friday

Cycle 30 (KR) 5:15-6:15am 2  
Group Power® (CB) 8:15-9:15am 1  
Group Centergy® (NK) 9:20-10:20am 1  
PWR! Moves Cardio®+ (NPK) 12:30-1:30pm 1

## Tuesday

Strictly Strength (AG) 5:15-6:15am 1  
Fitness Boxing (PB) 8:15-9:00am B  
Group Centergy® (MJ) 9:15-10:15am 1  
Gentle Yoga \*\*\* (DA) 10:30-11:15am Y  
PWR! Moves® (NK) 12:30-1:30pm 1  
Strength Fusion (BD) 4:30-5:30pm 1

## Thursday

HIIT Fit (KR) 5:15-6:15am 1  
Power Pedal (PB) 8:15-9:00am 2  
Yoga & Sculpt (NK) 9:15-10:15am 1  
Gentle Yoga (MJ) 10:30-11:15am Y  
Gentle Joints \*\*\* (CB) 11:30-12:15pm 1  
Fitness Boxing (PB) 5:30-6:15pm B

## Saturday

Rise & Ride (JY) 7:15-8:15am 2  
Group Power® (CFW) 8:15-9:15am 1  
Stretch & Flow (AG) 9:30-10:30am Y

## Instructors

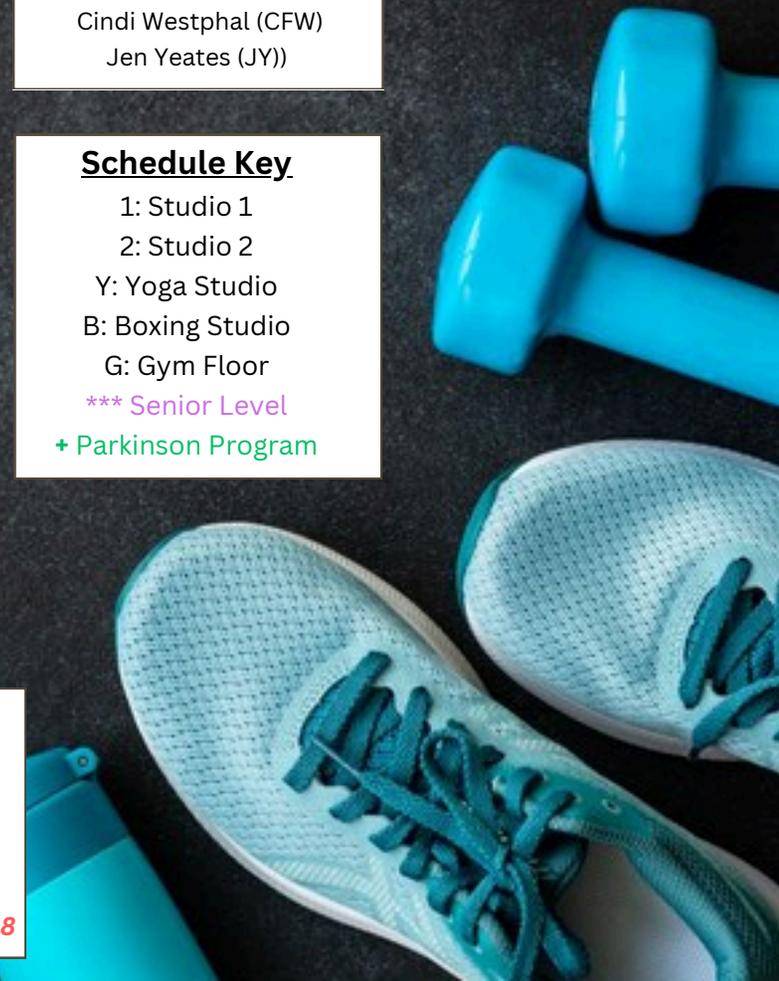
Deisy Anderson (DA)  
Casey Babinski (CB)  
Peyton Bovie (PB)  
DeAnn Bruggert (DB)  
Bobby Delira (BD)  
Amy Glassford (AG)  
Michele Janota (MJ)  
Nathan Kersey (NK)  
Nicole Kilpatrick (NPK)  
Kyle Rybolt (KR)  
Cindi Westphal (CFW)  
Jen Yeates (JY)

## Schedule Key

1: Studio 1  
2: Studio 2  
Y: Yoga Studio  
B: Boxing Studio  
G: Gym Floor  
\*\*\* Senior Level  
+ Parkinson Program

## Please Note

- Classes consistently below an average of 8 participants are subject to format changes or cancelation.
- Vouchers required for cycling classes, which are up at the Front Desk.
- Participation for some classes will be limited.
- Instructors may change without notice.
- \$3.00 fee for Yoga mats.
- Parkinson's Program classes require a pre-registration **please contact Nicole 815-929-1200 ext 43008**



# LAND CLASS DESCRIPTIONS

## **Fitness Boxing**

This class will work your body and mind! Class will include cardio warm-up, traditional punch combos and intervals of strength and core work.

## **Gentle Joints**

This class is designed for individuals with arthritis or joint issues. Low-impact activities help you maintain overall muscle strength, improve joint flexibility and increase range of motion.

## **Gentle Yoga**

This chair based class will consist of breathwork, basic poses moving in a slow low-impact way. You may find yourself flowing from pose to pose or you may find yourself holding poses for longer periods of time. Yoga poses will consist of standing as well as floor, kneeling, seated or lying poses.

## **Group Power**

This class will blast your muscles with high-rep weight training using adjustable barbells, weight plates and body weight.

## **Group Centergy**

Become stronger with an invigorating 60-minute mind/body workout. This class incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core.

## **HIIT FIT**

A rigorous interval training sequence with high intensity exercises. Builds cardiovascular fitness while improving muscular strength and endurance.

## **Power Pedal/Rise & Ride/ Cycle 30**

Saddle up and experience these classes to burn calories and increase endurance! Pedal through hill climbs, sprints and other challenging drills.

## **Rock Steady Boxing and PWR! Moves**

These two classes require a pre-assessment+ **please contact Nicole to schedule an appointment at 815-929-1200 ext 43008**

## **Six Zones**

In this non-stop workout you will have tools and technology to use while training in six different zones during five minute intervals.

## **Strength & Balance**

Improve range of motion and posture while alleviating some everyday aches and pains. These exercises include flexibility, balance, pliability and strength.

## **Strength Fusion**

This class is a training style that combines powerlifting, functional movements, circuit HIIT training and core strength in a small group setting.

## **Step & Strength**

This class provides a full body sculpting workout. Each class will focus on all your major muscle groups and teach proper form and technique for everyday use.

## **Stretch & Flow**

Perfect for yoga beginners. Increase your mobility, balance, core strength and body awareness. Bring a yoga mat and be ready to get your Zen on.

## **Strictly Strength**

This class provides a full body sculpting workout. Each class will focus on all your major muscle groups and teach proper form and technique for every exercise.

## **Vinyasa Flow**

Participants will focus on linking conscious breath with mindful movement. The class will awaken your strength, energy and flexibility.

## **Yoga & Sculpt**

A workout that combines strength and cardio exercises with a traditional Asana practice for a full body workout.

## **Zumba**

A group class that combines dance moves with high intensity and low intensity intervals. Zumba classes are designed to get your heart rate up and boost cardio endurance while having fun!